

**Beyond Kale and Pedicures:
Managing Compassion Fatigue
and Burnout**

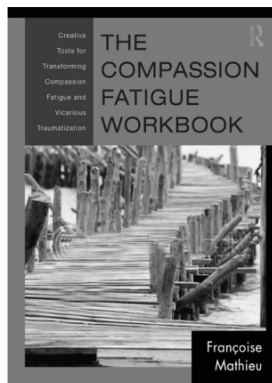


Françoise Mathieu, M.Ed., RP.
Co-executive Director

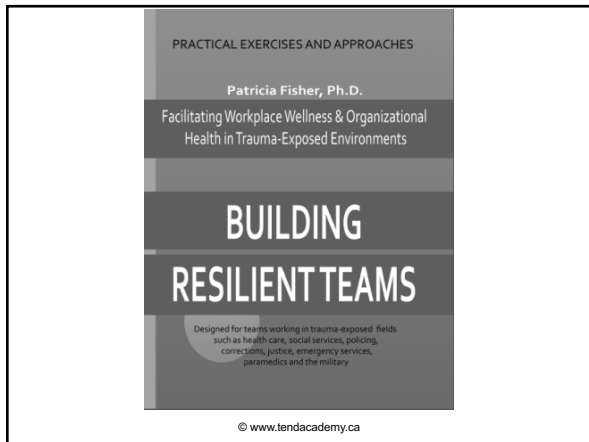


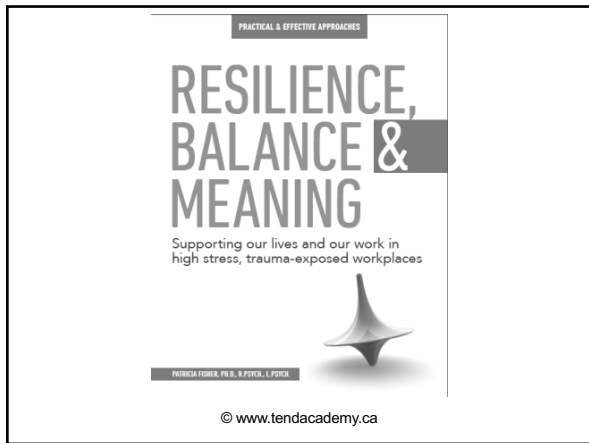
Why I started this journey





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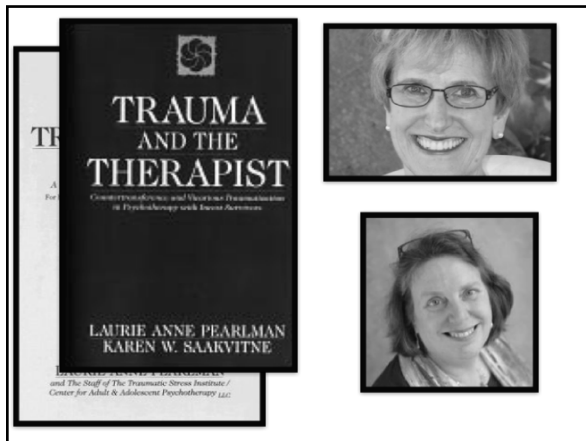
McCann & Pearlman, 1990

Journal of Traumatic Stress, Vol. 3, No. 1, 1990

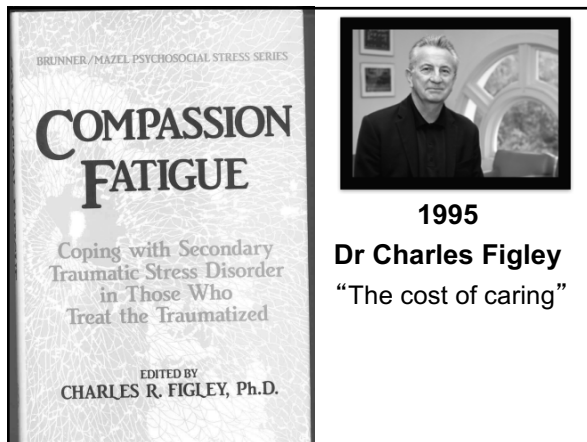
Vicarious Traumatization: A Framework for Understanding the Psychological Effects of Working with Victims

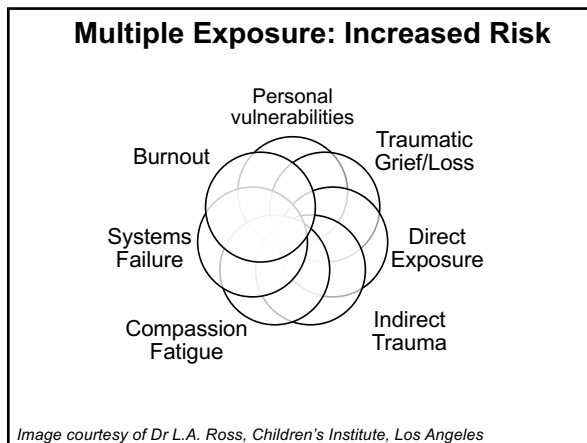
1. Lisa McCann and Laurie Anne Pearlman¹

Within the context of their new constructivist self-development theory, the authors discuss therapists' reactions to clients' traumatic material. The phenomenon they term "vicarious traumatization" can be understood as related both to the graphic and painful material trauma clients often present and to











Bober & Regehr Study, 2005

Brief Treatment and Crisis Intervention Advance Access published December 30, 2005

Strategies for Reducing Secondary or Vicarious Trauma: Do They Work?

Ted Bober, MSW
Cheryl Regehr, PhD

This cross-sectional design study sought to assess whether therapists believed and engaged in commonly recommended forms of prevention for secondary and vicarious trauma and whether engaging in these activities resulted in lower levels of distress. In this study of 259 therapists, time spent with counseling trauma victims was the best predictor of trauma scores. Although participants generally believed in the usefulness of recommended coping strategies including leisure activities, self-care activities and supervision, these beliefs did not translate into time devoted to engaging in the activities. Most importantly, there was no association between time devoted to coping strategies and traumatic stress scores. Intervention strategies for trauma counselors that focus on education of therapists and augmenting coping skills unduly individualize the problem.

KEY WORDS: secondary traumatic stress, vicarious trauma, coping, self-care, supervision.



Bober & Regehr (2005)

- *Believing* in self care did not equal more engagement
- Engaging in self care did not reduce trauma scores

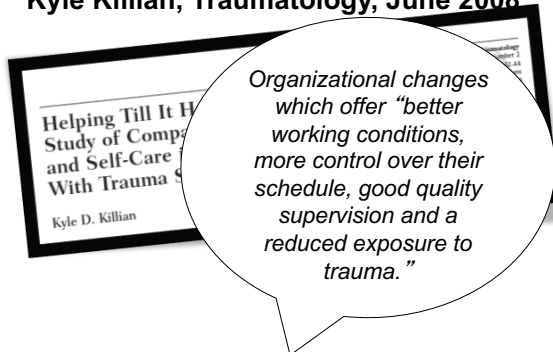
Blaming the service providers

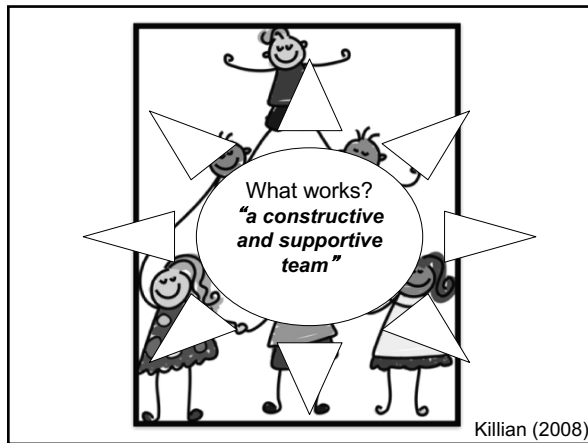


"If you had better self care, and work-life balance...."

Bober & Regehr (2005)

Kyle Killian, Traumatology, June 2008





Key Elements

- Regular rotation of heavy traumatic caseload



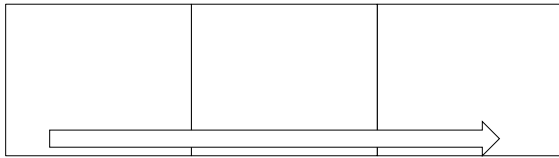
Sources: Fisher (2012), Killian (2008), Duxbury (2009), Bober (2006).

What works?

Self Awareness



The Warning Signs Continuum



Physical Symptoms

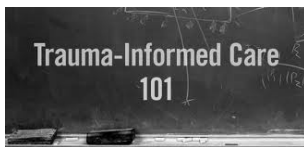


How we transition...



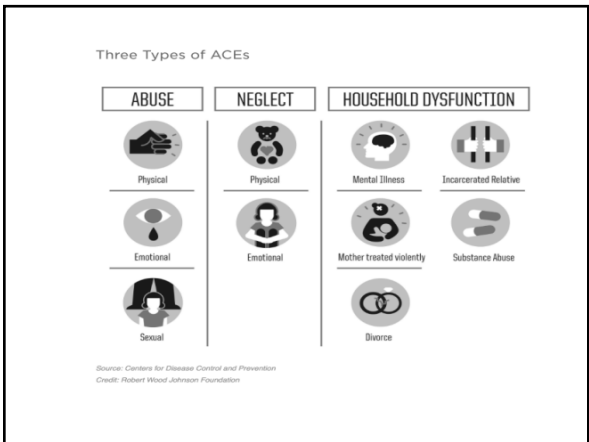
What works?

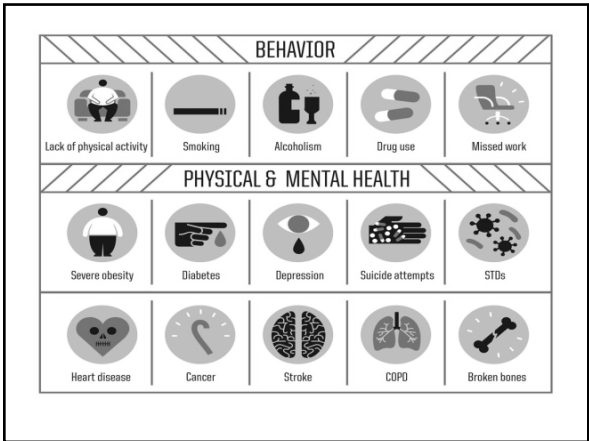
Get more training

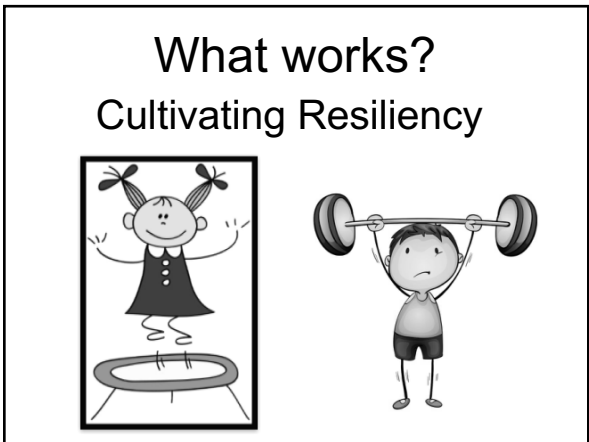


Ted Talk: Nadine Burke Harris







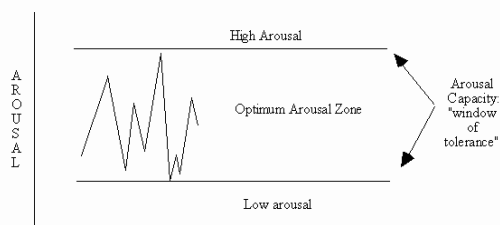


Mindfulness App

Headspace.com



Window of Tolerance Framework



Ogden et al 2006, Corrigan et al 2010

Free iChill App



Reflection:

Practices that are essential to my well-being



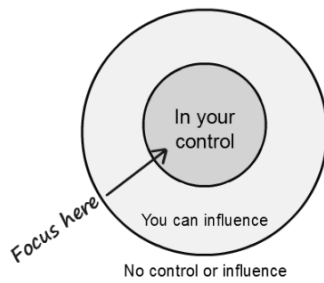
My Map

Simplifying	Physical Health	Stress relief
Understanding how I react to change	Social/Emotional supports	Stimulating & engaging work and hobbies
<i>"Trauma stewardship"</i>	Managing occupational stress/resentment	Giving Back

Your support System?



What works?



- Get more training in trauma-informed care
- Develop and enhance your social supports
- Identify your warning signs
- Develop a wellness practice and grounding skills
- Advocate for change
- Decide what you can control



Resources

Beyond Kale and Pedicures: Can We Beat Burnout and Compassion Fatigue?

By Françoise Mathieu, M.Ed., CCC.

I have been locked out of the seminar room.

Peering through the glazing, I can see two dozen operating room nurses in scrubs, milling about inside the auditorium. The space is nearly full, and they are chatting and eating lunch. The

Many of my audiences express growing frustration at working in a system that feels broken, and no amount of kale and yoga can fix that overnight.

Have car, will travel

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TORONTO, June 23, 2017

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